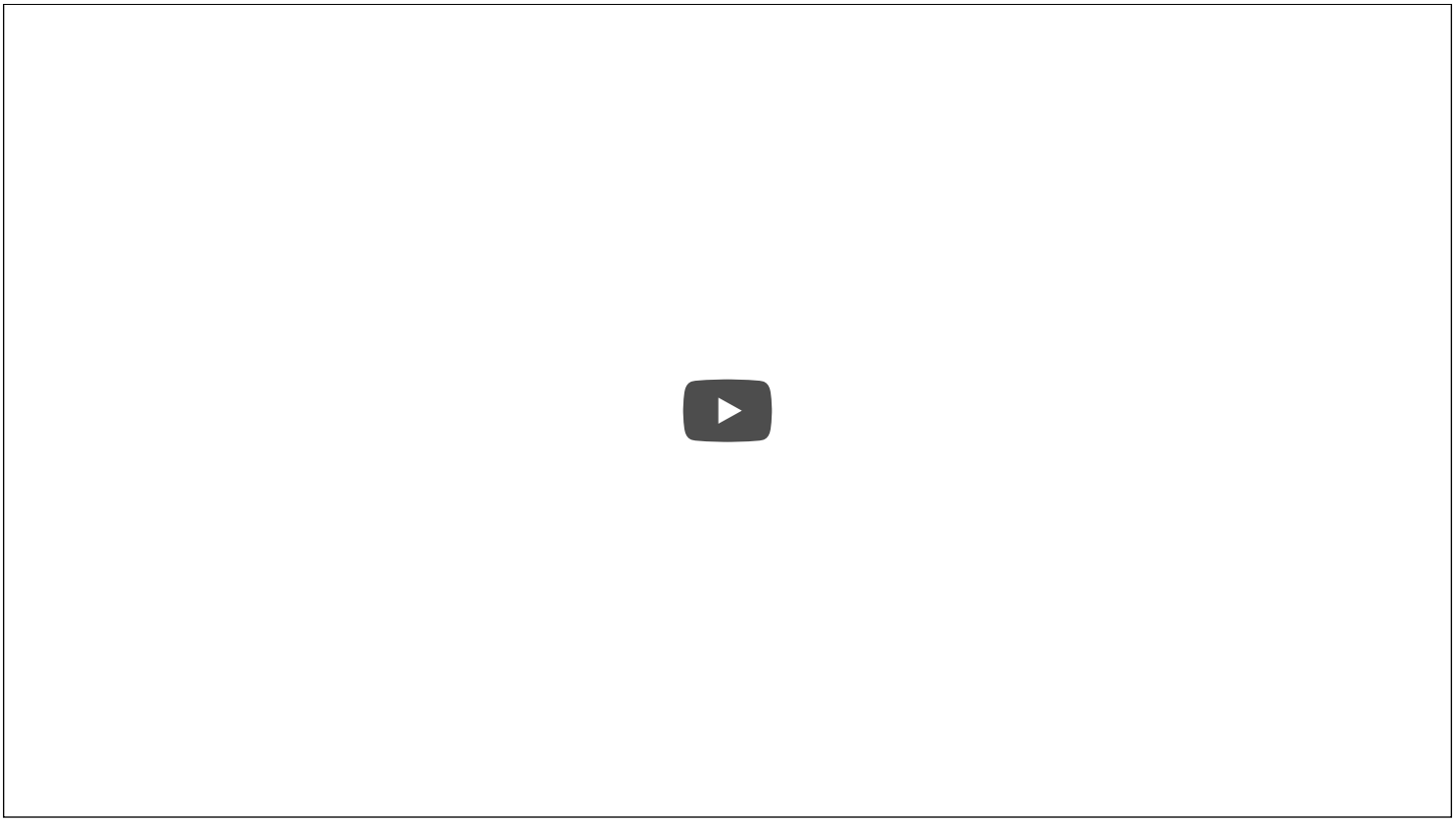

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WTF Happened to Our Food! – RFK Jr Wants These 9 Foods BANNED

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😨Your metabolism was designed to transform food into energy so you can feel good, burn fat, and thrive.

But the truth is, America is sicker and more inflamed than ever before, not just because of sugar or calories, but because of hidden chemicals in our food supply.

☝️In this episode Ben breaks down the 9 foods that RFK Jr. wants banned in his mission to Make America Healthy Again (MAHA).

You'll learn how these common items are loaded with toxins, disrupt your hormones, damage your gut, and fuel chronic disease.

👇What You'll Learn in This Episode:

✅Why low-fat dairy products are actually sugar bombs stripped of natural enzymes and vitamins.

✅The truth about French fries cooked in toxic oils and coated with hidden chemicals.

✅Why farmed salmon is "chemical soup" compared to wild-caught salmon.

✅The dangers of microwave popcorn bags lined with forever chemicals (PFOAs) and fake butter flavor (diacetyl).

✅Why most energy bars spike blood sugar just like candy bars.

✅The hidden chemical titanium dioxide in candies and frostings—already banned in Europe.

✅Why American cheese isn't really cheese, and what to swap it for.

✅How processed deli meats (like Lunchables) are classified as Group 1 carcinogens by the WHO.

🧑‍🤝‍🧑Safer Swaps & Practical Tips:

👉Choose raw, full-fat dairy from trusted farms.

👉Cook French fries at home with beef tallow or avocado oil.

👉Always look for wild-caught salmon (Alaskan sockeye is a reliable choice).

👉Make stovetop popcorn with organic kernels and coconut oil.

👉Buy tomatoes in glass jars or cook them fresh.

👉Pick snacks with 5 ingredients or less (think avocado, macadamia nuts, grass-fed beef sticks).

👉Opt for organic grass-fed raw cheddar, goat, or sheep cheese instead of processed slices.

👉Avoid deli meats—go for grass-fed, nitrate-free options.

👀Why It Matters:

🔷The U.S. spends $4.6 trillion annually on healthcare, yet ranks 37th in global health.

🔷Big Food and Big Pharma profit from keeping you sick, creating a "subscription model" of disease and medication.

🔷This isn't about politics—it's about health. Your cells don't vote red or blue—they want real food, not chemicals.

🔥Free Masterclass with Ben Azadi
Want to know exactly what to eat to lower inflammation, melt fat, and reclaim your health?
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📜 Disclaimer: This podcast is for informational purposes only and is not medical advice. Always consult your healthcare provider before making dietary changes.

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